

**Nearly all of the treatments offered in our massage and body treatments are suitable for men as well as women, but this selection is particularly recommended for male skin.**

## Men's Energy Release Facial

**30 or 60 minute treatment**

**£35/£60**

This specially designed facial for men gives skin renewed strength and vitality. Often external and internal stress factors can upset the harmony of your skin. This facial will deeply cleanse and soothe your skin improving its resilience. The healing power of plants will restore balance and our special men's pressure point and scalp massage will leave you feeling energised.

## Sensory Body Scrub

**30 minute treatment**

**£35**

A body scrub is an essential treatment for removing dead skin cells, increasing the circulation and leaving it feeling as soft as silk, revealing a brighter glow to your skin. We use rich grain mineral sea salts mixed with your chosen luxurious, silky smooth oil to exfoliate the skin, stabilise moisture levels and promote skin renewal. Perfect before a massage or wrap!

## Magic of the East

**30 minute treatment**

**£35**

A unique massage that incorporates the principles of Chinese acupuncture, but without the needles. Our therapists have been specially trained to stimulate the pressure points used in the traditional forms of Chinese medicine to help you feel rebalanced and re-energised. With this Ufford Park signature massage, you will benefit from the relaxing massage, combined with the healing properties of massage techniques steeped in hundreds of years of Eastern history.

## Deep Tissue Back Massage

**30 minute treatment**

**£35**

This is a firm treatment effective in ironing out any tension in the muscles. This is not for the faint hearted but is for those who are carrying a lot of stress in the back or shoulder area.

## Raindrop Massage

**30 or 60 minute treatment**

**£35/£60**

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall! Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.

## Sensory Body Massage

**30 or 60 minute treatment**

**£35/£60**

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches and pains, bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

## Manicure for Men

**30 minute treatment**

**£25**

Shake hands in confidence. Manicured hands and nails ensure excellent presentation.

## Pedicure for Men

**30 minute treatment**

**£25**

A treatment for the feet, this specialist pedicure will condition and soften your skin.